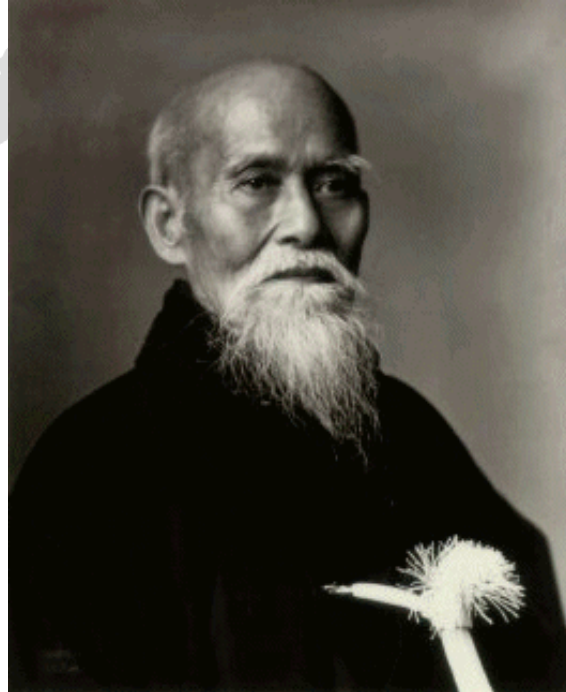


# Clydebank Aikido Club



## GRADING SYLLABUS

Candidates Name: .....

Examiners Name: .....

Grade:                      Date of Grading:     /     /

Pass:

Fail:

Examiners Signature: .....

## GRADING SYLLABUS NOTES

- The Syllabus Is A Minimum Requirement For Each Grade.
- Requirements For Previous Grades May Be Asked.
- Irimi & Tenkan Variations May Be Requested During A Technique.
- All Techniques To Be Performed On Right & Left Sides.
- Techniques May Be Asked From Basic Or Moving Attack.

<b>Grades</b>	5 <sup>th</sup> Kyu - Yellow Belt
	4 <sup>th</sup> Kyu - Orange Belt
	3 <sup>rd</sup> Kyu - Green Belt
	2 <sup>nd</sup> Kyu - Blue Belt
	1 <sup>st</sup> Kyu - Brown Belt
	1 <sup>st</sup> Dan - Black Belt

## FORMS OF ATTACK

<b>Katate Kosatori</b>	Right To Right, Or Left To Left Wrist Grasp
<b>Katate Tori</b>	Left To Right, Or Right To Left Wrist Grasp
<b>Kata Tori</b>	One Hand Shoulder Grasp
<b>Mune Tori</b>	One Hand Lapel Grasp
<b>Shomen Uchi</b>	Straight Strike To Head
<b>Yokomen Uchi</b>	Oblique Strike To Head
<b>Mune Tsuki</b>	Punch To Centre Of Body
<b>Kata Tori Menuchi</b>	One Hand Shoulder Grasp & Straight Strike To Head
<b>Ryote Tori</b>	Two Hands To Two Hands Wrist Grasp
<b>Ryokata Tori</b>	Grasp Of Both Shoulders
<b>Katate Tori Ryote Mochi</b>	Two Hands To One Hand Wrist Grasp
<b>Ushiro Tekubi Tori</b>	Two Hands To Two Hands Wrist Grasp From Behind
<b>Ushiro Hiji Tori</b>	Grasp Of Both Elbows From Behind
<b>Ushiro Ryokata Tori</b>	Grasp Of Both Shoulders From Behind
<b>Ushiro Katate Tori Kubi Shime</b>	Grasp Of One Wrist & Strangle From Behind

### 3<sup>RD</sup> KYU GRADING SYLLABUS

#### AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE	
Katate Tori	Yonkyo	
	Kote Gaeshi	Ude Kimi Nage
Kata Tori	Sankyo	Yonkyo
	Shiho Nage	Irimi Nage - Positive
Mune Tori	Sankyo	Yonkyo
Shomen Uchi	Nikyo	Sankyo
	Yonkyo	
	Kote Gaeshi	Kaiten Nage
	Sokomen Irimi Nage	
Yokomen Uchi	Ikkyo	Nikyo
	Shiho Nage	
Kata Tori	Kokyu Nage – 3 Techniques	
Mune Tori	Kokyu Nage – 3 Techniques	
Ryote Tori	Kokyu Nage – 3 Techniques	